



# Today's News

TODAY CENTER FOR ADULTS

## On Patriot Day

### Remembering heroism, loss

Patriot Day is celebrated each year on September 11. It marks the terrible losses inflicted by terrorists who turned air flights into instruments of war. And it honors all who worked to save people during and after the attacks.

In 2002, President George W. Bush, proclaimed that each September 11 is to be commemorated as Patriot Day.

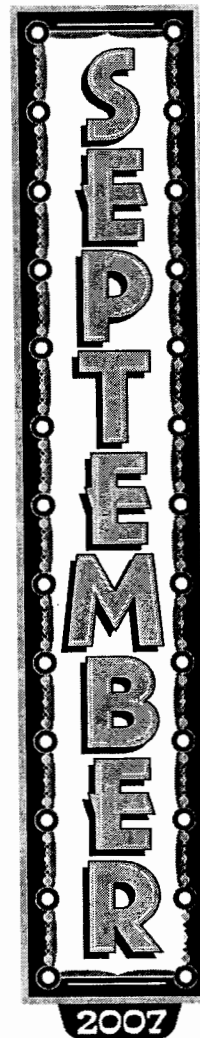
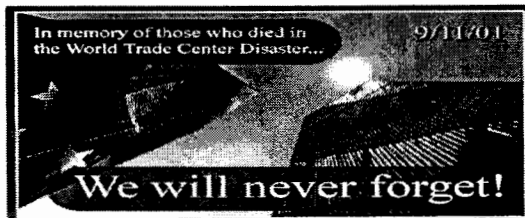
The human stories of those lost and those who survived tell of the strength of Americans. People are rebuilding their lives and many devastated businesses are back in operation.

Most Americans remember Cantor Fitzgerald, the investment bank whose 1,000 employees worked on floors high up in Tower One of the World Trade Center. Of those workers, 658 were killed.

Its chairman, Howard Lutnick, lived because he had taken his son to kindergarten that morning. Afterward, he and those who survived the attacks worked night and day to keep their firm going.

In an interview last year, Lutnick said, "*We stood at hell's doors, and we held the line. It doesn't matter what you throw at us. Our people will hold their line ... It's much more personal now.*"

On Patriot Day, flags are flown at half mast and a moment of silent prayer is suggested. The anniversary will always bring sadness, and anger. And great pride in people's response.



## Get Less Salt In Your Diet

While it's best not to shake salt on all your food, most sodium in American diets comes from processed foods and snacks. To reduce sodium in your diet, the Mayo Clinic recommends cutting back on these foods

- or eliminating them.
- \* Canned soup and dry soup mixes.
- \* Processed meats such as deli items, and hot dogs.
- \* Prepackaged dinners, side dishes.
- \* Seasoning mixes, soy

- and Worcestershire sauces.
  - \* Snack foods such as chips.
  - \* Instant cooked cereals.
- When purchasing canned or processed foods, check the label for salt content.





## Frisbee Marks 50th Birthday

More than a half century ago, New England college students were eating the product of Frisbie Pie Co. Even better, throwing and catching those empty Frisbie pie pans became a great game.

At the same time, the Wham-O company was making the Plato Platter, which was used in essentially the same way. It was invented by Fred Morrison. The students began calling the Platters Frisbies too.

Wham-O founders Rich Knerr and Arthur Melin obtained the marketing rights for the name college kids had moved onto their product. But they didn't spell it right, and the Pluto Platter became the Frisbee.

Inventor Morrison thought it was a terrible name. Now, 87 years old and living in Carpinteria, Calif., Morrison says it just goes to show that he is a bad judge of names.

After 50 years, people still like to test their skill and physical condition playing Frisbee in the park, either with each other or with their dogs.

## Celebrity Birthdays

- 1 Dr. Phil McGraw, psychologist, 1950.
- 2 Terry Bradshaw, football player, 1948.
- 3, Charlie Sheen, actor, 1965.
- 6, Jeff Foxworthy, comedian, 1958.
- 9, Adam Sandler, actor, comedian, 1966
- 10, Arnold Palmer, golfer, 1929.
- 11, Kristy McNichol, Emmy winner, 1962.
- 12, George Jones, singer, 1931.
- 13, Jacqueline Bisset, actress in many movies, 1944.
- 15, Tommy Lee Jones, Academy Award, 1946.
- 16, B.B. King, singer, 1925.
- 17, Rita Rudner, comedienne, 1956.
- 18, Lance Armstrong, champion cyclist, 1971.
- 19, Randolph Mantooth, "Emergency," 1945.
- 20, Sophia Loren, Oscar-winning actress, 1934.
- 21, Faith Hill, country singer, 1967.
- 22, Scott Baio, "Happy Days" actor, 1961.
- 23, Bruce Springsteen, singer, songwriter, 1949.
- 25, Will Smith, movie, TV actor, 1968.
- 26, Lynn Anderson, singer, 1947.
- 27, Shaun Cassidy, singer, actor, 1959.
- 29, Jerry Lee Lewis, singer, musician, 1935.

## Don't Forget Grandparents Day

Each year, the second Sunday in September is recognized as Grandparents Day. This year, it's on the 9th. It's the time to give them a card or gift, to visit, or to call them on the telephone.

For adult grandchildren, grandparents can be great sources of information. They've lived life and

learned many things. Their knowledge and experience is a valuable asset you can draw from. Sometimes they can make just a simple statement that's loaded with the truth.

Today's grandparents are so young, however, that great-grandparents are the ones who have lived a long, long time. Don't forget

The average age for first-time grandparents today is about 48. Then and for decades later, they consider themselves to be young and show it with lifestyles and attitudes.





## FOOD OF THE MONTH: CHICKEN

### Versatile chicken a bonanza of good taste, good health

Check your cookbooks, and you'll find more recipes for chicken than for almost any other food. Its versatility is one reason the world has depended on it for about 3500 years.

Before 1400 B.C., the Chinese raised chickens for meat and eggs. While many historians thought chickens were first brought to the Americas by explorers and pilgrims, a recent discovery shows that chickens lived in Chile from the 1300s. They were brought there by the Polynesians.

In our time, chicken is a highly recommended addition to our diets. It's low in fat, particularly without the skin. And its fat is lower in cholesterol than other



meat fats.

Chicken is a good source of the B vitamins and vitamin D, plus various important minerals. And it contains all nine essential amino acids. Its phosphorous and selenium contents are involved in the release of energy.

Try this easy and fast recipe recommended by *Better Homes and Gardens*.

#### *Chicken Marsala*

Rinse and pat dry about 1 1/2 pounds of chicken breasts, skinned. Place each breast between sheets of plastic wrap and pound with a flat mallet until 1/8 inch thick. Remove wrap.

Mix 1/4 cup flour with 1/4 teaspoon

crushed marjoram, 1/8 teaspoon salt, and 1/8 teaspoon pepper and press chicken pieces into the mixture.

In a skillet, cook 1 cup mushrooms and 2 tablespoons sliced green onions in 3 tablespoons olive oil or butter until tender. Remove from skillet. Cook chicken in the same skillet for 4 minutes. Turn to brown evenly. Return the mushrooms and onions.

Carefully add 1/4 cup chicken broth and 1/4 cup of marsala or dry sherry. Cook uncovered for 2 to 3 minutes until the mushroom mixture thickens slightly. Stir occasionally.

Transfer chicken to a serving platter and spoon mushroom mixture over it. Sprinkle with snipped parsley if desired. Serves 4.

## How to Control Aging by Starting Now

If you think you can wait until later to prevent premature aging, you will miss some of the most important times of your life to do it.

Most people's muscle mass declines with age, and the rate of loss accelerates after age 45.

The amount of muscle you retain, or build, is determined partly by how much muscles are used. Use them frequently and you maintain their strength. Push them to the limits of their capacity by exercise, and you increase strength no matter how old you are.

Doctors at Tufts University say most middle-aged

people's weight problem is excess body fat coupled with too little muscle.

As you age, you can lose whole sets of muscles and nerves that work together to make your body go. Between ages 30 and 70, it is estimated that people experience a 20 percent decrease in the strength of the thigh. Landmark studies at Tufts, however, show that muscles do get bigger from strength training such as weight lifting. You can regain muscle mass and strength no matter what shape you're in when you begin.

How much oxygen your body can process in a given

time is an important bio-marker called your aerobic capacity. By age 65, it is typically 30 percent to 40 percent less than in young adults.

People at any age can reverse the trend with aerobic exercise, the kind that makes you huff and puff. And when you build muscle with strength training, you also increase aerobic capacity.





Other methods to slow aging include controlling sugar, cholesterol, blood pressure, bone density, and hydration. The older you are, the more fluids you should drink.





# SEPT. 07

# ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>  <b>CLOSED DUE TO LABOR DAY</b>	<b>4</b> HAMBURGER STROGANOFF NOODLES CALF. MIX VEGETABLES ICE CREAM 9:15 BALLTOSS 10:30 UFO ART 10:30 STAR SPACE SHIP 1:45 FARKLE 1:45 ROLL'EM 3:00 PUZZLES	<b>5</b> PORK CHOPS WITH GRAVY WHIPPED POTATOES GREEN BEANS LEMON PIE 9:15 ABC GAME 10:30 CREATE YOUR WAFFLE 10:30 MAKING WAFFLES 1:45 OUTBURST 1:45 BALL TOSS 3:00 CARD GAMES	<b>6</b> STUFFED PEPPERS BUTTERED POTATOES COTTAGE CHEESE CANTALOUPE 9:15 CURRENT NEWS 10:30 VEGETABLE FRIENDS 10:30 PENCIL COASTER 1:45 FINISH THIS LINE 1:45 CHIT CHAT 3:00 MAKE ME LAUGH	<b>7</b> HOT DOG ON BUN BAKED BEANS COLESLAW FRESH FRUIT AND COOKIE 9:15 HANGMAN <b>10:00 BIBLE STUDY</b> <b>10:00 AT THE MOVIES</b> 1:45 REMINISCE 1:45 COLOR PAGE 3:00 WHAT'S THAT
<b>10</b> SMOKED SAUSAGE MACARONI AND CHEESE STEWED TOMATOES FRUIT CUP 9:15 NOODLE BALL 10:30 HAT TOSS 10:30 MATCH HATS 1:45 YOUR CHOICE 1:45 TIME TO DANCE 3:00 LOOK HERE	<b>11</b> COUNTRY FRIED STEAK WHIPPED POTATOES WINTER MIXED VEGETABLE DICED PEACHES 9:15 HANGMAN 10:30 POSTER ART 10:30 THANK YOU CARDS 1:45 NTL GEO FILM 1:45 JAZZ TIME 3:00 LET'S TALK	<b>12</b> BAKED HAM AUGRATIN POTATOES CALF. MIXED VEGETABLES DICED PEARS <b>9:15 WEAR YOUR HAT</b> <b>10:30 BINGO</b> 10:30 MAKE A VIDEO 1:45 FREE ART 1:45 BASKET BALL 3:00 SEEK AND FIND	<b>13</b> CHICKEN STRIPS CRISS CROSS POTATOES GREEN BEANS ICE CREAM 9:15 PARACHUTE FUN 10:30 PAPER LATNER 10:30 CHINESE CRAFT 1:45 DICE GAME 1:45 SIMON SAIDS 3:00 YOUR CHOICE	<b>14</b> CREAM OF BROCCOLI SOUP CRACKERS BOLOGNA & CHEESE SAND. CHOCOLATE BROWNIE 9:15 CURRENT NEWS 10:30 WATCH ME NOW 10:30 LOOK AT US 1:45 SNACK AND CHAT 1:45 STORY TIME 3:00 CARD GAMES
<b>17</b> HAMBURGER ON BUN FRENCH FRIES RELISH CONDIMENTS FRUIT CUP 9:15 OUTBURST 10:30 COLOR PAGE 10:30 YOUR CHOICE 1:45 FLASH CARDS 1:45 OLD MAIDS 3:00 PUZZLES	<b>18</b> CABBAGE ROLLS BUTTERED POTATOES BABY CARROTS ANGEL FOOD CAKE 9:15 CURRENT NEWS 10:30 FOOD GROUP GAME 10:30 FIND MY GROUP 1:45 NUMBER GAME 1:45 MAKE ME LAUGH 3:00 LOOK HERE	<b>19</b> HOT DOG ON BUN BAKED BEANS COLESLAW DICED PEARS 9:15 KICK BALL 10:30 FINGER PRINTS 10:30 HAND ART 1:45 COOKING CLASS 1:45 Pictionary 3:00 MAKE ME LAUGH	<b>20</b> MEATLOAF OVEN BROWNED POTATOES BRUSSEL SPROUT APRICOT HALVES 9:15 ABC GAME 10:30 MONTHLY BIRTHDAY PARTY AND BINGO 1:45 COLOR PAGE 1:45 OUTBURST 3:00 CARD GAMES	<b>21</b> CREAM OF TOMATO SOUP GRILLED CHEESE SANDWICH CUCUMBER SALAD DICED PEACHES 9:15 NOODLE BALL <b>10:00 BIBLE STUDY</b> <b>10:00 MOVIE AND POPCORN</b> 1:45 REMEMBER THIS 1:45 LET'S TALK 3:00 SEEK AND FIND
<b>24</b> COUNTRY STEAK BUTTERED POTATOES ITALIAN MIXED VEGETABLES RICE PUDDING 9:15 ABC GAME 10:30 FRUIT BOOK 10:30 FROG CRAFT 1:45 TASTE THIIIS 1:45 BULLWINKLE & ROCKY 3:00 WHAT'S THAT	<b>25</b> SMOKED SAUSAGE OVEN BROWNED POTATOES SCALLOPED CABBAGE STRAWBERRIES/BANANA'S 9:15 PARACHUTE FUN 10:30 SQUIRREL ART 10:30 BOOK MARKER 1:45 BASKETBALL 1:45 SUPERMAN DAY 3:00 ROLL OUT	<b>26</b> CUBE STEAK WHIPPED POTATOES GREEN BEANS CHERRY CAKE 9:15 BALL TOSS 10:30 GAMES YOU LIKE 10:30 BEST OUT OF TEN 1:45 FARKLE 1:45 HEALTH DAY 3:00 PUZZLES	<b>27</b> HAM & CHEESE SANDWICH POTATO WEDGES SL. TOMATO & LETTUCE LEMON BAR 9:15 HANGMAN 10:30 FALL CROWN 10:30 CRAFT FUN 1:45 CHIP AND DIP TIME 1:45 MAKE THIS 3:00 LOOK HERE	<b>28</b> CUP OF SOUP TUNA SALAD OR COTTAGE CHEESE FRUIT PLATE 9:15 OUTBURST 10:30 MEOW, MEOW 10:30 KITTY MIX 1:45 RING TOSS 1:45 SOCIAL EVENT 3:00 CARD GAMES
	<h2>Autumn Begins</h2> 			

The Today Center For Adults is non-discriminatory in services and employment. Under ownership of the Board of Greene County Commissioners, the Today Center is funded in part by various local, state and federal funding programs including, but not limited to : ComCare, Ohio Disability Waiver, Partners In Care (Greene County Senior Services Levy), PASSPORT, Senior Adults In Leisure (MR/DD), Title XX and Veterans Administration. Private fees, contributions and fund-raising are additional means of financial support.

## RECIPE CORNER:

### Grandma's Apple Pie

#### **Crust**

2/3 cup shortening - 1 tsp. salt - 2 cups flour  
5-7 Tbsp. cold water

- 1) Mix shortening, salt, and flour with a fork until crumbly.
- 2) Add 5 Tbsp. cold water and mix well, adding more water if mixture is too dry.

#### **Apple Filling**

3/4 - 1 cup sugar  
2 Tbsp. all-purpose flour  
1/2 - 1 tsp. cinnamon  
6-8 tart apples (Macintosh, Granny Smith), pared, cored, and thinly sliced  
2 Tbsp. butter or margarine

Combine sugar, flour, and cinnamon in a bowl. Add apple slices and mix well. Take 1/2 of the pastry and roll flat with rolling pin. Line a 9" or 10" pie plate with the pastry. Fill with apple mixture. Dot with butter or margarine. Take the remaining pastry dough and roll flat. Place dough on top of the pie. Crimp the edges and cut slits in top of pastry for steam to escape. Bake in a 400 degree oven for 50 minutes or until crust is brown. Let cool and serve.

Yield: 8 servings.

**Thought of the Month**  
*A gossip is like an old shoe -  
its tongue never stays in  
place.*

### **ORIGIN OF SEPTEMBER'S NAME**

*Welcome to September. September got its name from the Latin word septem, meaning seven. It was the seventh month in the old Roman calendar, September later became the ninth month when the ancient Romans moved the beginning of their year from March 1 to January 1.*

*Come said the wind to the leaves one day. Come o'er the meadows and we will play. Put on your dresses scarlet and gold. For summer is gone and the days grow cold.*

#### **Personality Traits**

Those persons born in September are astute and analytical with an ability to attend to details. They are very orderly and conscientious. They have a strong sense of duty and responsibility. Called "the perfectionists of the Zodiac," September people are obsessive and real "neat-freaks."

## FUN FACTS FOR SEPTEMBER

Flowers: Aster (alt. - Morning Glory)

Colors: Gold (Brown)

Birthstone - Sapphire (Love & Clear Thinking)

- 1 10th. Anniversary of Opening of Rock and Roll Hall of Fame Museum, Cleveland, Ohio (1995)
- 2 60th Anniversary of V-J (Victory over Japan) Day (1945)
- 2 On this day in 1963, Walter Cronkite became the first newsman to anchor a half-hour newscast on TV. His guest was President John F. Kennedy.
- 4-10 National Waffle Week
- 5 U.S. & Canada Labor Day
- 7 Anniversary of the Premiere of ESPN (1979)
- 8 National Football League (NFL) Season Starts.
- 9 Hot Dog Day - The hot dog was invented by Antoine Feuchtwanger on this day in 1884.
- 11 Anniversary of 9/11 (2001)
- 11 U.S. & Canada - National Grandparent's Day
- 11-17 National Housekeepers' Week
- 11-17 National Assisted Living Week
- 17 Full Moon - Full harvest moon is the full moon closest to the autumnal equinox and is called this because it extends the hours of light into the evening for harvesters. This moon is also known as the wine moon, symbolic of grape and fruit harvest, protection, confidence, strength, and life's blood.
- 23 Autumn Begins
- 22 Elephant Appreciation Day
- 22 National Centenarians Day
- 23 Birth Anniversary of Ray Charles (1930 - 2004) - Charles became blind at age 6 as a result of glaucoma. He began formal music training at the St. Augustine School for the Deaf and Blind and by age 15 was earning a living as a musician. As a pianist, singer, songwriter, band leader, and producer, he played country, jazz, rock, gospel and standards. He was nicknamed "the Genius" because of his popularity of rhythm and blues, soul and jazz music in the 1950s and 1960s. His versions of Georgia On My Mind, I Can't Stop Loving You, Hit the Road Jack, and America the Beautiful are considered classics.
- 25 National Good Neighbor Day
- 26 On this day in 1969, the Beatles released their last album, Abbey Road. This was their last real album after Let it Be.
- 30 Chewing Gum Day - This day commemorates the birth anniversary of William Wrigley Jr. (1861 - 1932), founder of the Wrigley Company. The Wrigley Company is now the world's largest manufacturer of chewing and bubble gum.

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**[ We're on the Web! ]**

[www.co.greene.oh.us/adultcare.htm](http://www.co.greene.oh.us/adultcare.htm)

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# SEPTEMBER